

# ***KEYS TO SUCCESSFUL OBE***

by

**Letitia M. Kimball**

©Copyright 2003-10-06

Folks on the Astralpulse website<sup>1</sup> know me as a fixture on the Forums, writing about otherworldly matters and generally keeping the conversations flowing. A “Frequently Asked Question” to me, whether by post or by private message, is always, “What is your OBE technique?” I always feel at a loss for words, since compared to other expert projectors it seems I have no projection technique at all. In the beginning, I fogged on to these poor seekers about how I was working on my spirituality. What I told them was all very true, but it didn’t come out the way I wanted, and I’m sure it wasn’t what they were looking for. After several failed attempts to explain myself, I decided to put my thoughts toward what I was doing, since obviously I was doing something right.

I’d received guidance from a psychic that 2002 was going to be my Big Year. Excited by the news, I expectantly waited for Something to Big to Happen. I was rewarded with a few minor OBE experiences, but that was about it. I was pretty disappointed; I think I’d been hoping for thunder and lightning, a diamond crown, a Big Title, and a pony! I did not get a pony, but I developed the ability to consciously exit my body during this otherwise uneventful year. Still, I was bothered. Where was my epiphany, my Big Bang? During late August it occurred to me that I never did the work the psychic had told me to do. She’d said I was supposed to work on my house. She hadn’t specified my real house or my spiritual house, but since one was a metaphor for the other, this did not matter. My house was a wreck, from foundation to roof, and so was I!

I decided to take a year’s sabbatical from Astral Projection and OBE to work on my house and myself. Eventually, with my foundation and roof repaired, it was

---

<sup>1</sup> <http://www.astralpulse.com/forums>

time to put down the hammer and nails and consciously OBE again. I had transformed myself, along with my house, and was a completely different person. I seemed to have been able to turn off my OBE abilities through sheer will. Could I turn them on again, just like that? The answer was a resounding “yes.” It appears that I have discovered some of the major keys to OBE, and I would like to share them with you.

Would-be projectors often make the mistake of thinking OBE technique starts with meditation. It doesn't. OBE requires much more than lying down, relaxing, meditating, and doing a few "techniques." If that were all it took to leave our bodies, we'd all be flying all over the place. And obviously, we're not.

A conscious, deliberate OBE should emerge from a state of total relaxation. Some people are naturals at OBE and do not need to work on relaxation so much. However, most people are not naturals, so they need to work hard to develop the skill of relaxing. More rare are the people who have unpredictable and involuntary projections when they're sleep-deprived, stressed, or ill. These experiences tend to be miserable and exhausting, and near impossible to control.

My first out-of-body experiences were terrifying. I was a single working mother, stressed and obsessed, and not getting enough sleep. Projection vibrations would hit me with the speed and force of an oncoming train, and I'd be dragged kicking and screaming into the Real Time Zone (RTZ). These episodes left me so exhausted that I wanted to cry! I've learned a lot since my first excursions out-of-body, and I've not had an involuntary projection since. The first thing I read about OBE was Robert Bruce's Treatise on OBE at

[www.astralpulse.com/guides/oobe/Treatise.PDF](http://www.astralpulse.com/guides/oobe/Treatise.PDF) I also read Mr. Bruce's book *Astral Dynamics*<sup>2</sup> and Monroe's series of books on AP/OBE<sup>3</sup>. I didn't look to these books for technique as much as I did for validation; i.e., "Yes! That's how I feel when it happens to me! Thank god I'm normal!" These books do provide techniques and explanations you may find useful when practicing OBE. It is also wonderful to read about how people have changed their lives as a result of OBE/AP phenomena.

The techniques I describe here are my own. Most of what I describe here will apply just as neatly to one's spiritual development, the development of psychic abilities, or even artistic talents. In fact, I have a sneaking suspicion they're all connected. Here is my theory:

## I. HOW BADLY DO YOU WANT TO LEAVE YOUR BODY?

The first key to a conscious out-of-body experience is Will, or Intent. Most people are not aware of their projections because deep down, they don't want to be. The reality of it would be too much to bear! Bringing such a level of awareness back down to the day-to-day requires one to be faithful to it. "Whew," we think, "too much work." Our souls travel at night, but we usually black out our experiences by morning.

Most people don't have the will to consciously leave their bodies. Sometimes fear holds them back, but most often, it's laziness. How many of you gave up

---

<sup>2</sup> Robert Bruce, *Astral Dynamics: A NEW Approach to Out-of-Body Experience* (Charlottesville: Hampton Roads Publishing, 1999).

<sup>3</sup> Monroe, Robert. *Journeys out of the Body*, (Doubleday, 1971); *Far Journeys* (Doubleday, 1985); and *Ultimate Journey* (Doubleday, 1994).

meditating after 30 minutes of twiddling thumbs? Maybe you practiced a week, and you didn't OBE, so you gave up. If you're not attentive, mundane life takes over. The amazing thing is, you will that your mundane life should take over. You mean it every time it happens. You're not aware of your intent, but it's there. Ask yourself something: How badly do you want to OBE? It's perfectly okay to be fascinated by astral phenomenon, but not want to make the effort to do it. Look around you: What does your lifestyle say about what you really want? Your persistent, long-term efforts at OBE are what prove your intent to have an out-of-body experience. Your attention to the minutiae of ordinary life reveals your intent to lead a mundane life instead.

## II. RELAX!

Total relaxation is the second key to a peaceful, controlled out-of-body experience. Practices such as meditation or yoga can help you achieve relaxation; however, given the stresses of modern society, you will probably need to meditate and contort yourself 12 or more hours a day before you achieve the physical and mental states needed for an OBE. Most people can hardly squeeze in a few minutes' worth of energy work per week, which is better than nothing, but not enough. You need to do more than just meditate or practice your lotus position.

Mental relaxation is as critical to OBE as physical relaxation. You can yoga yourself into a pretzel, but if your monkey-brain is chattering 24-7 or spinning out of control with anxieties, you are not going to OBE. It is imperative that you create a peaceful, relaxed life for yourself if you are to make a regular practice of deliberately leaving your body. Given this basic truth, what are the sources of stress in your life?

- Your pin-head boss?

- Your up-and-down relationships?
- Your crazy family?
- Poor health?
- No money?
- Mean people?
- Rejection?
- Everyone else on the highway but you?

Make a list, because you are going to need to take care of all of them. By take care of them I don't necessarily mean "fix the problem." Some problems can't be fixed. However, you can change your approach to your problems. You might have to do any or all of these things before you can genuinely relax:

- Forgive your parents, siblings, and everyone who ever hurt your feelings.
- Finish school.
- Quit your crappy job and get a more meaningful or less stressful one, even if it means making less money.
- Set boundaries with your spouse and/or children.
- Move to a more peaceful location.
- Find a more affordable place to live, and move there.
- Learn to love (or at least accept) those things that annoy you.
- Quit some outer activities (clubs, etc.), in order to do more inner work.
- Spend less time on the computer, i.e., posting messages on the Astralpulse forums

- Playing video games, instant-messaging, etc.
- Face the problems you've been avoiding.
- Less time partying, more time in quiet contemplation.
- Change your diet.
- Give up stress-habits such as boozing, chain-smoking, brawling, and philandering
- See a doctor about that thing.
- Get at least 8 hours of sleep per night.
- Turn off the TV.
- Swallow your pride and go get some therapy.

When you make your list of stressors and are faced with the awesome realization of what it will take to deal with them, refer back to the first section, titled, How Badly do you Want to Leave Your Body? I tell you it's worth it. By changing my life and the way I think, I can now astral project without devoting my entire life to a meditation practice. I still recommend meditation and yoga to everyone, even to those who never plan to OBE, since they are great for your health and your overall sense of well-being. However, other practices can bring on the same level of relaxation:

- Keeping a journal
- New Energy Ways (NEW)<sup>4</sup>
- Loving your pets
- Playing with your kids, not just "taking care of" them

---

<sup>4</sup> Bruce, Astral Dynamics.

- Making crazy art (the point is to express yourselves, not to be good at it)
- Dancing (it's even better if you look silly doing it. Learn not to care!)
- Walking around the block
- Napping
- Reading
- Calling a friend who makes you happy
- Playing sports
- Gardening
- Cooking
- Sex with someone you actually love
- Anything that helps you relieve stress - hopefully it's legal

### III. A LIFE OF GENTEEL POVERTY

Have you ever noticed that the most spiritual people in the world have very little money? This is no mistake! How much do you really need to be happy? Not a lot. I'm not asking you to throw on sackcloth, sell flowers on a street corner, or join a commune. I'm not suggesting life in a sweatshop ought to be fulfilling, because I know it's not. Being poor does not have to mean living in a slum, scrubbing other people's toilets, or standing at the bottom of a shabby staircase screaming STELLA! at the top of your lungs in your undershirt. On the contrary, I am advocating a life of quiet gentility.

Get a good education so you may find decent, meaningful work, a small home, a sensible car (or public transport), a steady, modest inflow of cash to pay the bills



and save for retirement, and health insurance. Simplify your life, my friends! If you can't afford a simple life where you live now, move! Join forces with like-minded people to save money. Be creative!

By saying "no" to overwork and over-consumption, and by saving money for that inevitable rainy day, you will find peace and - tada! - RELAXATION. Forget "Lifestyles of the Rich and Famous," buy (or better yet, sign out from your public library) The Complete Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle, by Amy Dacyczyn.<sup>5</sup>

Notice that my suggested stress-relieving activities in Part II are free, or at the very least, cheap. Nothing brings me more pleasure than a good nap, a cup of tea in my grandmother's china teacup, and a good book on a quiet Sunday afternoon. There is a never-ending list of free-or-inexpensive pleasures to choose from.

#### IV. AMPLE AMOUNTS OF FREE TIME

You need to practice to succeed at OBE. Stress and sleep deprivation brought on by your frenetic lifestyle might cause an involuntary OBE now and then, but these are disturbing experiences you won't be able to control. It's so much better to pick the time and place for your exits. So take it slow and deliberate, in your free time when you are well rested.

---

<sup>5</sup> Amy Dacyczyn, The Complete Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle (New York: Random House Publishing, 1998).

We each have 24 hours in an earth-time day. You might say "I don't have the time!" but for the most part that's a load of crap, even if you're a single parent. Almost everyone wastes time without realizing it. In America, families watch hours and hours of TV a day and say they "don't have time" to do things. Please! Since you'll never get more than 24 hours per day, make your free time by rearranging your life and by saying "no."

Here's how you can free up some time:

- Give your unneeded possessions to charity. Find efficient storage for the things you decide to keep. The less you have, the less you have to maintain, look after, and worry about.
- Find a job close to home, to shorten your commute.
- Shop in bulk, so as to make fewer trips.
- Delegate household tasks to family members (So they don't do it perfectly. So what?)
- End unproductive or abusive relationships.
- If in school, set your class schedule in order to maximize your free time.

Here is a list of massive time and energy wasters. Say no to them.

- Indulgence in hate, anger, annoyance, offence, and depression.
- Complaining, pointless arguments, plotting revenge, and flame emails.
- Junk mail.

- Spending time with people who anger, annoy or depress you, even if it's a Friday night and you've got no one else to go out with.
- Mindless eating and puttering around
- Chaos in your home
- Too much television. Videotape TV shows you actually like, so you don't feel you have to watch so much TV to see what you want.
- Too much time on the computer
- Unsolicited sales calls
- Constantly rearranging your "stuff." Get rid of stuff.
- Any compulsive activities (spending, cleaning, drinking, smoking, etc.)

## **V. WHAT THIS IS ALL ABOUT**

By now some of you are probably thinking "What the heck does all this "lifestyle" business have to do with OBE?" I'll tell you. Your freaked-out lives, festering resentments, screwed-up finances, and poor health are going to make it impossible for you to relax, and a half hour of meditation and a stretch every now and then is not going to fix them. You need to transform your life so that you may relax and find peace, so that you may OBE peacefully. Your life is the true foundation for your OBE practice.

More importantly, OBE practice can lead to lucid dreaming and/or astral experiences. When you find yourself lucid in a dream or astral landscape, what you think and believe will shape your experience. Resentments and fears will send you straight to the Lower Astral, where you'll face demons, spiders, mean dragons, assorted negs and such. It's enough to make one vow never to go back! Therefore, it is

best to develop a clear mind and a peaceful soul, so when you do finally leave your body, you'll end up someplace decent.

## V. TIME TO PRACTICE

The third key to OBE is constant awareness during liminal states. I progress well with my OBE practice when I spend a lot of time alone, in silence, in "in-between" states. Neither here-nor-there, but always aware. Liminal, it is called. It means "at the threshold." Many people call this state of mind "trance." I meditate on fog, for instance, as it is in-between rain and not-rain. Those moments just before, or just after, thunderstorms. Doorways, bridges, the forest's edge... think of your own liminal places and meditate on them. When you are in a liminal state, sharpen your awareness of the fact that you are now "in-between."

It can be an ongoing struggle to stay aware during liminal states. When you sleep, your consciousness will leave your body on its own; unfortunately, you are unconscious and miss the whole thing! By practicing constant awareness you can be "asleep and awake" at the same time. You should even practice constant awareness at work, while cooking, while talking to people, while tying your shoelaces. No matter what you do with your life, you have at least 16 hours a day to practice constant awareness.

Celtic harp music enhances my mood. I use theta-wave tapes and the Gateway<sup>TM</sup> series for practice, but I don't OBE while using them. I burn incense when I practice; it sends a signal to my brain that I'm working on OBE. Sometimes I

---

<sup>6</sup> Robert Monroe, *The Gateway Experience* (Livingston: The Monroe Institute, 2001).

play quiet music; other times I like it silent. It's good to practice achieving liminal states with normal sounds (birds, crickets, and screaming children) within earshot.

I recommend practicing in a slightly sitting state; in a reclining chair, for instance. Lying on a bed is a sure way to fall asleep. However, I must confess that all of my OBEs have occurred while in bed, either lying down or propped up on my pillows, so even I don't practice what I preach in this regard. This is what I usually do:

A. I have a light meal, perhaps a salad, an hour or two before I go to bed. I don't bother projecting on a stomach full of protein, because it doesn't work! Protein is very "grounding," so you'll be "grounded" until you're done digesting. In general, try not to eat protein (or anything for that matter) after 6:30 pm if you want to project in the pm or early am.

B. I lay on my back, with a pillow under my knees to relieve back pressure. I squirm around to crack my back vertebrae. Come to think of it, I crack every knuckle I have! I wiggle my fingers and toes, clench and relax my muscles, and settle in for the night.

C. I fall asleep on my back. If I roll over in my sleep, that's OK.

D. At some point in the evening, perhaps one REM cycle, I sort of wake up. I am half awake, half asleep. At the threshold! I may get up to use the bathroom and then attempt a projection, or, I might just skip the bathroom break and sink into a "vibration state" from whatever position I'm in.

E. If I have a dream, I write it down as quickly as I can, before it fades. Dream recall exercises are very good practice; the skill will be of great importance later, when you begin remembering your OBE exits.

E. Sometimes I OBE during weekend mornings when I don't need to be anywhere else.

## VI. THE PRE-VIBRATIONAL STATE

How can you bring on the vibrations? You could try willing them, but only if you are the liminal space between asleep and awake. Willing them while you're just lying there twiddling your thumbs won't work! It helps if you've felt the vibrations before, so if you haven't felt them yet, perhaps it's better just to wait for them to come on their own. Don't worry, they will come. The trick is staying awake for them!

The reason many of us botch our OBE attempts at the point of exit (presuming we initially have the deep relaxation thing down) is that we're too excited over the shifting of our energy bodies, thinking, "Is this a vibration? Oh boy! Is it finally going to happen?" This excitement causes loss of the deep relaxation needed for the exit. Overcome this giddiness by practicing your in-between-states frequently. I still struggle with staying aware during induced trance states. Most of the time I drift off in a fog and nothing happens. But every now and then, SHAZAM, there I am, awake in my head . . . and leaving my body behind.

This is how I practice: I meditate/trance with the intention of feeling my energy body shift and wobble, without trying to push myself into an OBE. I get so used to the shifty feeling that it absolutely bores me to death and ceases to cause an excited or expectant reaction. Also, it takes the pressure off. If I have an OBE, great! If I don't, well, I wasn't trying to have one in the first place.

Here's what it feels like to me before the vibrations happen:

A. I'm sleeping or resting, and I'm in a liminal state. I trance very easily (it's both a blessing and a curse, no one wants to ride in my car when I'm driving!), so I rarely have to work at getting in the right head-space. Suffice it to say I assume the position for an OBE; i.e., flat on my back.

B. I feel my energy-body start to shift. Imagine what it must feel like to be a hard boiled egg when someone is peeling off your shell: something feels as though it is separating. Sometimes it feels like a little wobble or a flutter. Most of the wobbling/shifting is in my upper body, from my upper chest up to the top of my head. Since I'm laying absolutely still it makes no sense that I feel as though I'm moving. Sometimes I even get a little sick to my stomach! When this happens I try to lay absolutely still and act really, really bored by the phenomenon: "Ho hum, here I go . . ." Sometimes I get so nauseated I have to stop what I'm doing, and start over. Obviously, I'm still getting used to it.

Please note that I often botch it at this point. Moving the body or even thinking about it will end the experience. Even thoughts such as "I'd better not think about my

body!" will ruin it. The way to get past this problem is to turn around negative thoughts such as "I'd better not" into positive ones, such as "OK I'm moving along, whatever . . . my mind is relaxed . . . ho hum, here I go . . . I'm waiting . . . whatever . . . I'm waiting, I'm waiting . . . my mind is relaxed, things just moving along . . . ."

Positive thoughts will keep your mind off what you shouldn't be doing.

C. Often, while I'm waiting for something to happen, I will roll my eyes upward and watch the white-light show going on between what seems like my "third eye" and the top of my head. If you've ever seen the Northern Lights on a cold winter's night, you know what I mean. Since while attempting projection their appearance is de rigueur, I'm used to it, and simply watch them passively. According to Bruce, rolling one's eyes up in this manner can trigger stronger vibrations.

D. If you find yourself in an uncomfortable position when you start to feel wobbly or shifty, lie perfectly still and put up with it. You can ask your friends to massage your sore body parts tomorrow. Believe it or not, the wobbly feeling doesn't last very long, just a few seconds for me when I go off spontaneously. If I move a muscle, I've blown it!

E. Now, here is the trickiest part. I'm of two minds here (I believe in the OBE world, this counts as a pun!). When I want to bring on the vibrations faster, I feel myself going through my mattress, the floor, the ground, through the earth and into outer space on the other side. It's always prolonged my vibration experience, but my success at exiting my body using this technique has been spotty. So if you find yourself "wobbly" or "fluttery" or "shifty" and the vibrations don't happen after 15



seconds or so, you might want to try feeling (not visualizing) yourself sinking deep into your bed or your chair as though someone were pressing down upon you, and pressing down hard, without letting up. Sometimes I think, "DOWN . . . . DOWN . . . . DOWN . . . . DOWN . . . . DOWWWNNNN . . . . . DOWWWNNNN . . ."

Then again (and here is my second opinion on the subject), you might want to do nothing. Nada. Zip. I call this the Zen Technique. Trying too hard to “do something” might break your relaxation and ruin the experience. "Letting" an OBE happen, in a Zen kind of way, seems to work so much better, as long as you have the patience and wherewithal to stay awake. Of course that is little consolation to folks who've been trying for years. So, if you've been trying and trying “nothing” without results, try sinking.

## VII. THE VIBRATIONS

The vibrations are the point of no return, so you do not have to do much at this point besides relax and take everything you feel/hear in stride, knowing that you are safe. If you've never had an OBE, the vibrations will probably feel like nothing you've ever felt before. In fact, if you feel tingling or mild paralysis and wonder if it's vibrations, it's not, although you are getting close. Keep it up! Real exit sensations are not "mild." In fact they can be downright alarming. During your first OBE's the vibrations will probably feel jarring to you, even upsetting. The trick is in not letting the sensations freak you out.

What do vibrations feel like? My advice to beginners: Expect to be shocked. I feel sinking and vibrations, and hear roaring and buzzing, all at the same time.

Sometimes I feel a lot of pressure on my chest, as though I am being pushed down onto the bed. I liken the vibrational state to lying on top of an unbalanced washing machine during the spin cycle. Or, perhaps an old 1800's Ford jalopy with a bad muffler. The experience is very noisy and I am completely paralysed until the OBE is finished.

According to Bruce, early projections seem to cause more of a ruckus than later ones. Once you've had several deliberate/successful OBEs, the exits quiet down. These days, my vibrations feel and sound like a large buzzing plane flying low overhead.

## VIII. THE EXIT

My early OBEs were spontaneous and most unwelcome, until one day I thought, oh, what the heck, surrendered to the experience, and actually downloaded some good memories from a bona fide OBE. These days, I have a problem with my excitement and my expectations ruining projection attempts. Even experienced projectors have spotty success, so toss your frustration aside and know you are in good company.

The fourth key to OBE is surrender. The first time I tried surrender, I'd failed at OBE many times. By surrendering to the experience, I projected four times in one night! I like to call this exit technique "flopping." I flop like a rag doll, as rag dolls have no bones or muscles. When I managed to flop entirely during vibrations, I am able to exit my body. This is how I do it:

A: When you feel the vibrations, lose all tension in your body. Flop like a rag doll.

B. Send out a little prayer. It doesn't really matter to "whom." Send out the prayer to the Being out there who is willing and waiting to help. It could be Jesus or God. It could be your higher self. It could be a spirit guide. Don't get too attached; i.e., don't dictate who is allowed to show. What is important is that this Being have your best interests at heart. Keep an open mind.

C. Completely surrender to the experience and accept any help that is coming. Accept anything (and I mean anything) that might come from that help. If you get this manoeuvre right, you may feel yourself floating upwards. You might even feel yourself yanked out of your body a little too abruptly - - but at least you'll be out!

The first time I deliberately consciously floated out of my body, I was amazed at how absolutely REAL it felt. I was myself! In my ghostly body! Wrapped up in my ghostly white sheet! I could even see the hairs on my arms. Flying was an amazing yet familiar feeling. There were a few visual fluctuations; my house wasn't perfect, but I could tell I was in my bedroom, looking over my sleeping body. I felt I could have flown around for hours, but I remembered that Bruce had advised that novice projectors jump back in their bodies right quick, so as to remember the experience, so that's what I did. Even today, I try not to stay out too long, lest I drift off into a dream.

## IX. RE-ENTRY

Returning to my body has never been a problem. All I do is decide to return, and swim or fly toward my sleeping form. Of course, if you're far away, like Dorothy in *the Wizard of OZ*, you will need to use your intent and some strong emotion to find your way back "home." Click your astral heels together if you want! Strong feelings during re-entry can help you remember your OBE. Even shouting something so simple as "I WILL REMEMBER THIS!" when intending yourself toward your body will help solidify the memory of your OBE into your conscious mind.

In the peaceful reverie after the paralysis passes, my usually dark bedroom seems lit with flickering lights, as if someone had sneaked into my bedroom during my OBE, lit a bunch of tea candles, and hid them all over my room. After my first OBE, I thought I'd left candles lit and I rummaged about my room looking for them, getting REALLY confused. The candlelight effect goes away in a minute or two. It comes in handy, because the minute I return, I start writing in my dream journal like a crazy woman! Writing key words for OBE's down is very important as, like dream memories, they often quickly fade if not recorded.

Sometimes I have visions after the paralysis passes, as though my dream world and the ordinary have over-lapped. I will also occasionally get a cold head. When this happens, I wrap my head in a blanket. I always sleep well afterwards, and wake up refreshed.

## X. EPILOGUE

Happy travels! Remember the keys to OBE: Intent, relaxation, constant awareness during liminal states, and surrender. Practice every day (or at least several times a week) and make it happen. Once you succeed you will know what it feels like, and then you may engage in a variety of techniques to reproduce that feeling. Getting to this point takes a lot of patience, but in the final analysis, it is all worth it.

ends